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## CLAIMS

1. A portable terminal device which can be carried by a user comprising: an input unit which can input life data including a user's food intake contents; a data storage unit which readably stores basic data including said life data; and a display unit which displays the data.
2. A portable terminal device according to claim 1, wherein said portable terminal device has a measuring unit which can measure a user's in-vivo substance to obtain biological data, and said basic data includes said biological data and said life data.
3. A portable terminal device according to either one of claim 1 and claim 2, wherein said data storage unit is removably provided with respect to said portable terminal device.
4. A portable terminal device according to any one of claim 1 through claim 3, wherein a data transfer unit which transfers data between the outside and said portable terminal device is provided in said portable terminal device.
5. A portable terminal device according to any one of claim 2 through claim 4, wherein said biological data includes measurement time point data showing a measurement time point when said in-vivo substance is measured by said measuring unit.
6. A portable terminal device according to any one of claim 2 through claim 5, wherein said measuring unit in said portable terminal device is an in-vivo substance measuring apparatus which is detachably and data transferably connected to said portable terminal device main body.
7. A portable terminal device according to any one of claim 1 through claim 6, wherein said display unit and said input unit or data transfer unit in said portable terminal device use a display unit and an input unit or a communication unit of a portable telephone

which is detachably and data transferably connected to said portable terminal device main body.

8. A portable terminal device according to any one of claim 1 through claim 7, wherein said input unit which inputs said food intake contents, previously sets a food intake pattern according to special conditions and a pattern based on lifestyle habits of breakfast, lunch, and dinner, so as to suit the user's dietary habits, and classifies fixed units for each food into levels such as large quantity, medium quantity, and small quantity, to enable selection thereof.

9. A portable terminal device according to any one of claim 1 through claim 8, 10 wherein said basic data includes exercise data showing a user's exercise quantity.

10. A portable terminal device according to any one of claim 1 through claim 9, comprising an exercise quantity measuring apparatus which is formed integrally with said portable terminal device or separately from said portable terminal device, and measures said exercise quantity of a user carrying said device so as to obtain a part or all of the 15 exercise data.

11. A portable terminal device according to any one of claim 1 through claim 10, wherein a part or all of said specified exercise data is input from said input unit.

12. A portable terminal device according to any one of claim 1 through claim 11, wherein said portable terminal device comprises a clinical data creating section which 20 creates clinical data based on said basic data.

13. A portable terminal device according to claim 12, wherein said clinical data creating section creates a table showing a causal relation with food intake, and graphs the data corresponding to clinical analysis.

14. A portable terminal device according to claim 11, wherein said clinical data

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creating section creates an acceptable intake on the day, based on a difference between a limited calorific intake per day and ingested calories on the day.

15. A portable terminal device according to any one of claim 1 through claim 14, wherein said portable terminal device comprises a source material creating section which 5 creates source material having the accumulated basic data or clinical data statistically processed.

16. A lifestyle-related disease patient - medical institution cooperation system having; a portable terminal device group comprising portable terminal devices which can be carried by users, an information processor in a patient data management center which 10 manages data sent by the portable terminal device group, and a medical treatment terminal device group in medical institutions which can use the data in said patient data management center and perform medical services with respect to said user, connected via a network, wherein:

15 said portable terminal device comprises: an input unit which can input life data including the user's food intake contents; a display unit which displays the data; and a communication unit which sends basic data including said life data and receives medical data;

20 said information processor comprises: a clinical data creating section which creates clinical data based on said basic data; a clinical database which accumulates said clinical data; and a communication unit which receives the basic data and sends the clinical data; and

said medical treatment terminal device comprises a communication unit which receives said clinical data and sends medical data created based on said clinical data.

17. A lifestyle-related disease patient - medical institution cooperation system

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according to claim 16, wherein said portable terminal device has a measuring unit which can measure a user's in-vivo substance to obtain biological data, and said basic data includes said biological data and said life data.

18. A lifestyle-related disease patient - medical institution cooperation system according to either one of claim 16 and claim 17, wherein said data storage unit is removably provided with respect to said portable terminal device.
19. A lifestyle-related disease patient - medical institution cooperation system according to any one of claim 16 through claim 18, wherein said biological data includes measurement time point data for when said in-vivo substance is measured by said measuring unit.
20. A lifestyle-related disease patient - medical institution cooperation system according to any one of claim 16 through claim 19, wherein said measuring unit in said portable terminal device is an in-vivo substance measuring apparatus which is detachably and data transferably connected to said portable terminal device main body.
21. A lifestyle-related disease patient - medical institution cooperation system according to any one of claim 16 through claim 20, wherein said display unit and said input unit or communication unit in said portable terminal device uses a display unit and an input unit or a communication unit of a portable telephone which is detachably and data transferably connected to said portable terminal device main body.
22. A lifestyle-related disease patient - medical institution cooperation system according to any one of claim 16 through claim 21, wherein said input unit which inputs said food intake contents, previously sets a food intake pattern according to special conditions and a pattern based on lifestyle habits of breakfast, lunch, and dinner, so as to suit the user's dietary habits, and classifies fixed units for each food into levels such as

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large quantity, medium quantity, and small quantity, to enable selection thereof.

23. A lifestyle-related disease patient - medical institution cooperation system according to any one of claim 16 through claim 22, wherein said basic data includes exercise data showing a user's exercise quantity.
- 5 24. A lifestyle-related disease patient - medical institution cooperation system according to any one of claim 16 through claim 23, comprising an exercise quantity measuring apparatus which is formed integrally with said portable terminal device or separately from said portable terminal device, and measures said exercise quantity of a user carrying said device so as to obtain a part or all of the exercise data.
- 10 25. A lifestyle-related disease patient - medical institution cooperation system according to any one of claim 16 through claim 24, wherein a part or all of said exercise data is input from said input unit.
26. A lifestyle-related disease patient - medical institution cooperation system according to claim 25, wherein said information processor sends a necessary part of the 15 clinical data created by said clinical data creating section to said medical treatment terminal device group or said portable terminal device group.
27. A lifestyle-related disease patient - medical institution cooperation system according to either one of claim 25 and claim 26, wherein said clinical data creating section in said information processor creates a table showing a causal relation with food 20 intake, and graphs the data corresponding to clinical analysis.
28. A lifestyle-related disease patient - medical institution cooperation system according to any one of claim 25 through claim 27, wherein said clinical data creating section in said information processor creates an acceptable intake on the day as the clinical data, based on a difference between a limited calorific intake per day and ingested

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calories on the day, and sends it.

29 A lifestyle-related disease patient - medical institution cooperation system according to any one of claim 25 through claim 28, wherein said information processor holds the personal data of the user which has been registered in said information processor

5 based on at least a joining contract with the present system.